

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

9/10/99

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Metaform® CellVol ATS™, Product #50524** bearing the statements set out below:

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure function claim for **Creatine Monohydrate, Carbohydrate, Glutamine Peptide, Alpha Lipoic Acid, Taurine, Chromium Picolinate & BMOV** is as follows:

- (Statement 1) HYPER MUSCLE CELL VOLUMIZER
- (Statement 2) Metaform® CellVol ATS™ represents the next generation in nutritional protocols for maximizing cell volume through muscle hydration.
- (Statement 3) In addition to CellReplete™, CellVol ATS™ contains a proprietary Dual Carbohydrate Matrix from HyperCarb2™, a high glycemic rapidly absorbed and an easily digestible source of energizing carbohydrates.
- (Statement 4) Glutamine peptide is known to support protein synthesis, muscle cell hydration and immune function, while limiting muscle catabolism and sparring glycogen.
- (Statement 5) Studies have shown Alpha-Lipoic Acid and Bis-(maltalato) oxovanadium (BMOV) may improve nutrient uptake
- (Statement 6) Proprietary Dual Carbohydrate Matrix from HyperCarb2™, a high glycemic rapidly absorbed and easily digested source of energizing carbohydrates. Recent scientific studies indicate that high glycemic carbohydrates such as glucose and glucose polymers, taken after exercise increase the uptake of Creatine and Glutamine while serving as a direct precursor to glycogen storage or stored energy in muscle.
- (Statement 7) Current scientific research suggests that ingesting ample carbohydrates (1 gram per 2.2 lbs. Of body weight) after exercise mitigates muscle protein breakdown, which in turn

leads to upgraded anabolic effects in muscle.

(Statement 8)

Selenium and Alpha-Lipoic Acid contains potent anti-oxidant properties.

(Statement 9)

Taurine has been shown to play a role in electrolyte balance within the cell.

(Statement 10)

WHAT

- Better recovery
- Better muscular power and torque
- Improved muscle cell hydration
- Easily utilized energy and glycogen source

(Statement 11)

WHO

- Strength and power athletes
- Athletes who have peaked on regular creatine supplements
- Athletes who have high energy demands
- Athletes who want a convenient scientifically based formula

(Statement 12)

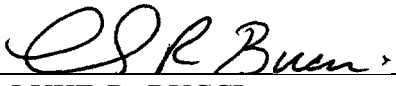
WHY

- Decreased muscle catabolism
- Scientific studies show creatine supplementation may improve strength
- Glutamine is known to support protein synthesis, muscle cell hydration, and immune function while limiting muscle catabolism and sparing glycogen.
- Alpha lipoic acid is a potent free radical scavenging agent against superoxide, hydrogen peroxide, and other free radicals
- Chromium and vanadium to support the function of insulin

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 31st day of August, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 
DR. LUKE R. BUCCI
Vice President of Research